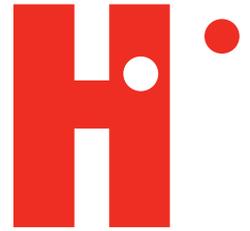


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Youth News



HAEMOPHILIA FOUNDATION AUSTRALIA

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- ROBERT McCABE

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MESSAGE FROM THE CO-CHAIR - ROBERT McCABE

Welcome to the September edition of Youth News. The 15th Australian & New Zealand Haemophilia Conference in Brisbane is not that far away and it isn't too late to register. The conference is a great opportunity for learning and to meet other young people. You can read more below.

I hope to see you there!

CONFERENCE

The 15th Australian and New Zealand Haemophilia Conference in Brisbane is only a few weeks away and it isn't too late to register.

Youth delegates must be aged 15 and over and will attend mainstream conference sessions on Friday and Saturday. There are sessions specifically geared to youth issues so there will be a lot of relevant info for you.



Australian & New Zealand

HAEMOPHILIA CONFERENCE

Life Challenges 

Brisbane, 8-10 October 2009 www.haemophilia.org.au

Conferences are a great opportunity to meet other people and re-unite with old friends. You can also learn more about bleeding disorders, the best way to use your treatment products and manage your prophylaxis, and also to deal with complications like inhibitors, and preventing joint problems. It's all about learning more about living with a bleeding disorder.

Abseiling the Kangaroo Point Cliffs

Abseiling has been organised for Thursday 8 October late afternoon, and is included in the registration fee for all youth delegates. If you wish to attend, please ensure your flight/transport into Brisbane arrives in plenty of time for this activity. Details of times will be in your confirmation letter. You must tick the box on the registration form to attend this activity. Unfortunately, if you don't tick the box you will be unable to attend.

For more information on the conference visit:
www.haemophilia.org.au/conferences



Life Challenges

Haemophilia Awareness Week

11-17 October 2009

During Haemophilia Awareness Week Haemophilia Foundation Australia and Haemophilia Foundations around the country work together to raise awareness to the general community, community organisations and governments about inherited bleeding disorders. The theme this year is **"Life Challenges"**.

There are many ways you can help us promote Haemophilia Awareness Week:

- set up a stand at your school or library
- organise a casual clothes day at your school and don't forget to ask your school to advertise it on their billboard at the front
- organise a luncheon, sausage sizzle or morning/afternoon tea.

Promotional items are available for schools. To place an order for items (free of charge), download an order form from our website www.haemophilia.org.au (click on the logo on our homepage to be directed or under events and awards). Stock is limited, but we'll see what we can do.

Contact Natasha on 1800 807 173 or ncoco@haemophilia.org.au if you are interested.

WARM-UP AND COOL-DOWN AFTER SPORT

The information below is from "Boys will be Boys" by Brendan Egan, Senior Physiotherapist at the Henry Ekert Haemophilia Treatment Centre at the Royal Children's Hospital, Melbourne (2005).

Warm up

Warming-up prior to participating in any kind of sporting activity is of vital importance. As the name suggests, warming-up increases the heat throughout the body and in doing so, reduces the risk of tearing or straining the muscles and spraining joints by increasing their suppleness and range of movement. In addition, completing a warm-up improves performance by enabling muscles to contract more powerfully, as well as enhancing coordination. An effective warm-up also prepares the cardiovascular and muscular systems for the upcoming physical activity and provides an appropriate transition from rest to strenuous exercise. This may reduce the likelihood of excessive muscular soreness resulting from activities to which the participant may not be accustomed.

A proper warm-up should last for approximately 10-15min. There are three elements of warm-up: general, stretching and sports specific drills. Warm-up should begin with very light aerobic exercise, which gradually increases in intensity. Examples include walking, slow jogging or slow cycling. A stretching routine should also be incorporated into the warm-up. However, it is recommended that warm-up stretches be of a more dynamic nature with stretching movements for all major muscle groups at gradually increasing speeds. Sustained stretches are now believed to be more appropriate once the activity is completed. Finally, sports specific drills must also be a feature of the warm-up.

During the warm-up, participants should be aware of an increase in their heart rate and rate of breathing. The development of a light sweat is a good indication that the warm-up has been of a sufficient intensity and duration.

In cooler conditions, sporting participants may require a longer warm-up period and the opposite is true for warmer weather conditions. Furthermore, it is important not to lose heat during the warm-up. Wearing warm clothes or carrying out gentle movements when not directly taking part can help to achieve this.

Stretching

Stretches increase muscle flexibility and freedom of movement, reduces muscle tension and reduces the risk of muscle and tendon injuries. Stretching should be performed once the muscles have been warmed, as the stretching of cold muscle is less effective.

Tips for performing static stretches:

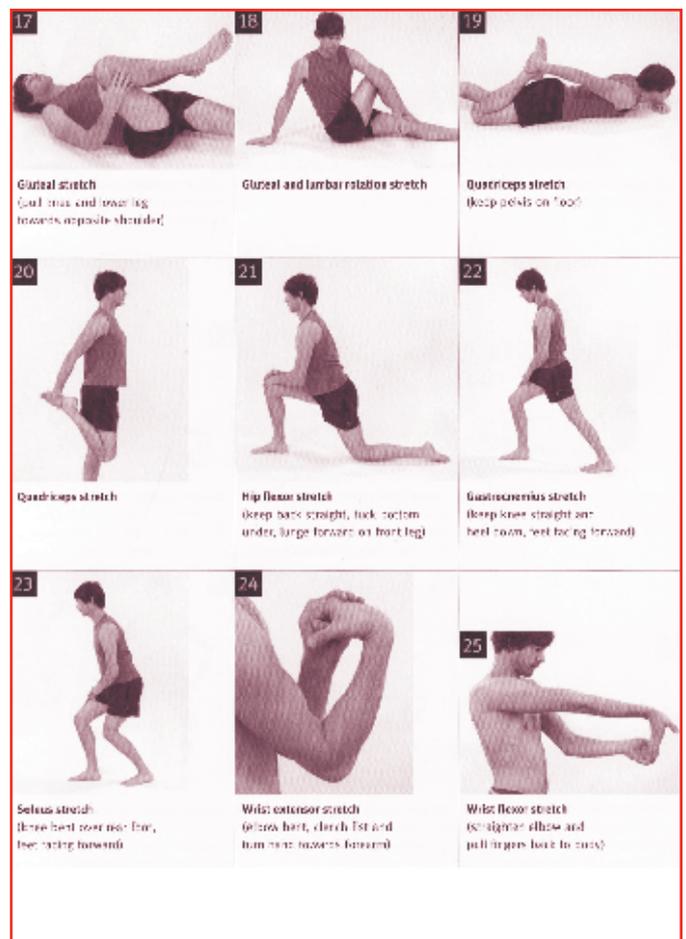
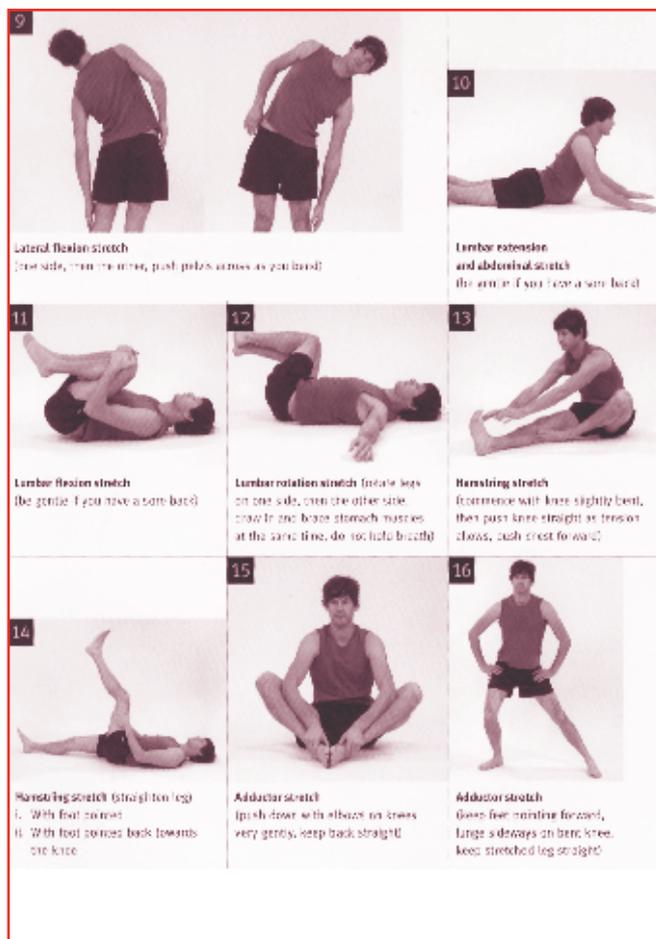
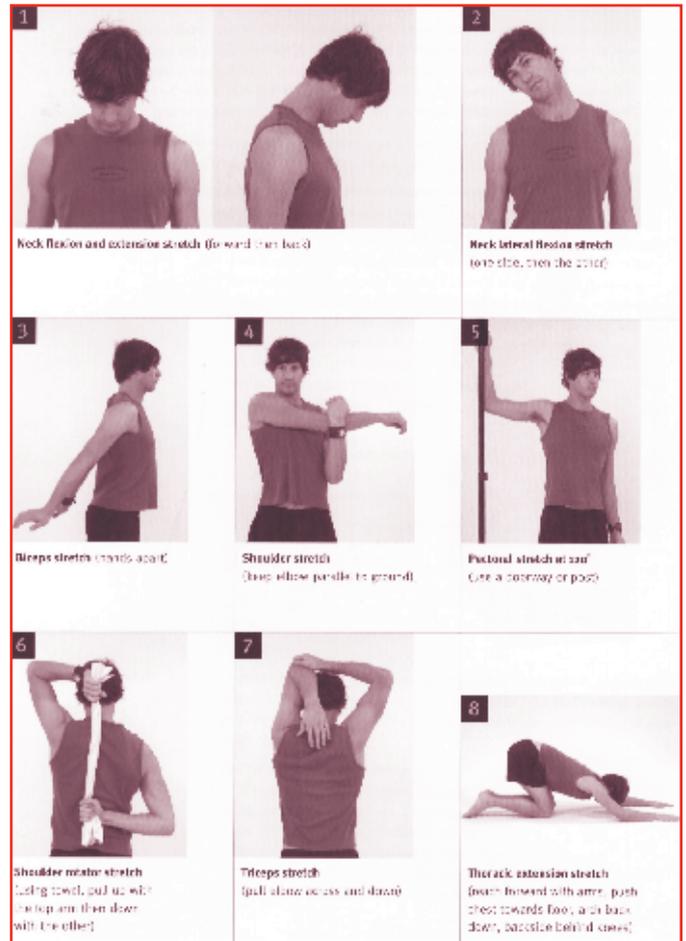
- Stretch very slowly and gently
- Do not 'bounce' in and out of the stretch
- Do not hold your breathe while stretching
- Stretch each muscle group two to three times
- Stretch to a feeling of tension, but never pain
- Hold each stretch for 20-30 seconds.

Cool-down

A cool-down work out combined with stretching exercises after a sports activity can help lower the body's temperature and reduce heart rate and blood pressure back to normal level. By gently working the major muscle groups, waste products are actively removed. Cooling down correctly can also help to lower muscle soreness and stiffness and thus enable the sports person to participate in the sport again within a short period of time.

The cool-down should entail at least two to three minutes of light aerobic activity such as light jogging, closely following by a static stretching routine.

It is also important to rehydrate following sporting activity and treat any suspected injuries with RICE (rest, ice, compression, elevation). If you suspect a bleeding episode, you should contact your local haemophilia treatment centre immediately and/or treat with factor.



EXERCISE WORD FIND

AEROBIC
CYCLE
FLEXIBILITY
MUSCLE
WALK

BLOOD PRESSURE
DRILLS
HEART RATE
REST
WARM

COMPRESSION
ELEVATION
ICE
STRETCHING

COOL
EXERCISE
JOGGING
TEMPERATURE



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